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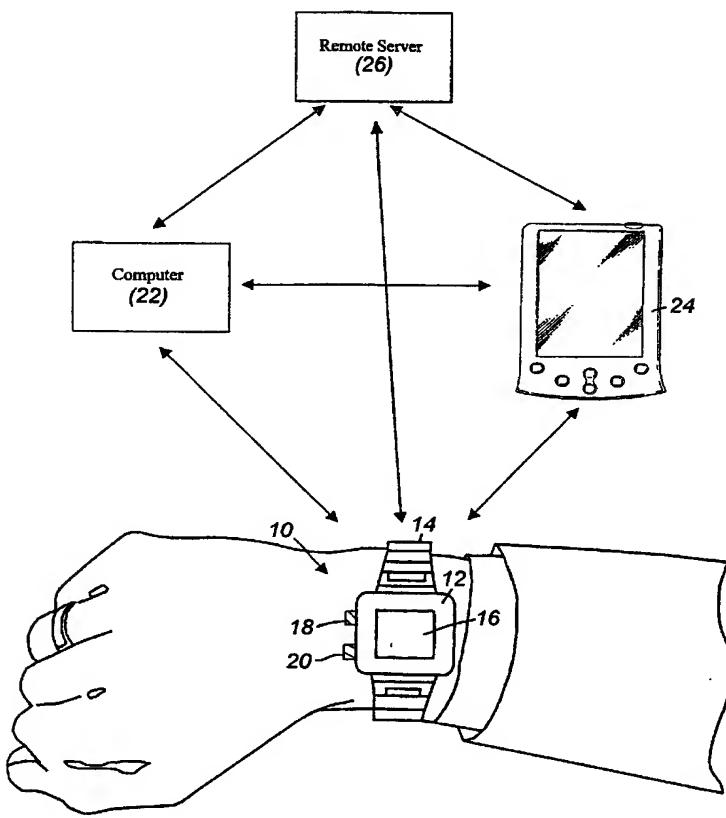
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(54) Title: DIET AND ACTIVITY MONITORING DEVICE

WO 01/52718 A2



(57) Abstract: A diet and activity-monitoring device includes a timer which outputs a time-indicative signal. A body activity monitor monitors the body activity of a subject and outputs a signal indicative of the body activity. A consumption notation control is provided which the subject may operate to indicate when they consume food. An activity calculator receives the body activity signal and determines a body activity level for the subject. A consumption calculator communicates with the consumption notation control and receives the time-indicative signal. The consumption calculator determines and stores the times when the consumption location control is operated.



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